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Her latest book, "Diet 101: The Truth About Low Carb Diets," is hands-down the best book I've read so far this year and will likely be my favorite read of 2012. "Diet 101" is an exhaustively researched and referenced work that would be an invaluable resource for anyone embarking on a low-carb diet as well as someone who has eating this way for years.

Diet 101 - The Truth About Low Carb Diets - Low Carb Dietitian

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